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Wynne says Ontario *needs* cap-and-trade

ENVIRONMENT

Province 'very bad actors' on greenhouse gas emissions

Premier Kathleen Wynne says her government is introducing a cap-and-trade system next year because Ontarians are "very bad actors" when it comes to per capita creation of greenhouse gases.

Wynne says Ontario led the way in fighting climate change by shutting down all its coal-fired electrical generation stations, and admits it is responsible for a only small percentage of global greenhouse gas emissions.

But she says the province must "play a role" in Canada's fight against climate change because of the amount of emissions that are produced.

The Liberal government predicts cap-and-trade will add about $5 a month to home heating bills and about four cents a litre to the price of gasoline at the pumps when it kicks in Jan. 1.

The premier told the Niagara Chamber of Commerce she knows there is "some anxiety" in the business community about cap-and-trade, which allows polluters to buy emission credits that they can sell if they come in under their limit.

Wynne said the Liberals choose cap-and-trade over a carbon tax because the money raised from emission auctions will be used to help businesses reduce their greenhouse gases and to develop new, cleaner technologies.

"It's not just a financial burden," she said. "They actually get money back in order to innovate, so that's how they will reduce their emissions and be supported by the system."

THE CANADIAN PRESS

HALEY RITCHIE/METRO

FUNDS FLOWING
New project aims to fix Ottawa River's ... sewage problem
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Your essential daily news

Sophie Grégoire-Trudeau marks International Day of the Girl with social media accounts. **Canada**

Running towards better brain health

RESEARCH

Neurological disorders slowed by exercise: Study

Haley Ritchie
Metro | Ottawa

Ottawa researchers say exercise releases a brain-healing molecule called VGF that promotes brain growth and insulates the nerves so they become more stable and work better. **It's believed this could lead to treatments for multiple sclerosis and ALS.** HALEY RITCHIE/METRO

A newly released study by Ottawa researchers has found that running can release a brain-healing molecule that could result in new treatments for multiple sclerosis and similar diseases.

"It came around serendipitously," said Dr. David Picketts, a senior scientist at The Ottawa Hospital and a professor at the University of Ottawa who studies brain development and intellectual disability.

The research was done on mice that were genetically modified to have a small cerebellum, the part of the brain that controls balance and movement.

The mice are sick and die as young adults at around 25 to 40 days old. Researchers discovered that if they were allowed to run on a wheel inside the cage, their symptoms improved and they lived longer.

"These mice survived 12 months, which is the typical normal lifespan of a mouse. We were very intrigued by that," said Picketts.

Picketts, along with the lead author on the paper Dr. Matías Alvarez-Saavedra, narrowed in on the specific molecule causing the improvement. The molecule is called VGF — one of the hundreds of molecules that muscles and the brain release into the body during exercise.

Their new study, published in Cell Reports, could eventually result in new treatments for diseases like multiple sclerosis and ALS.

"Exercise is well known to help promote brain growth, but no one really knows the molecules or the mechanisms by which exercise helps that. What we found is that VGF, when increased, helps provide insulation on nerves so they become more stable and work better," said Picketts. "The idea now is if we can translate that to other disorders where there's a loss of this insulation around the neurons. Multiple sclerosis is an example of this."

Picketts said since the discovery the lab has received grants from Multiple Sclerosis Society of Canada and the Canadian Partnership for Stroke Recovery. They plan to study whether VGF treatment can improve the diseases.

"The eventual goal is that you could induce VGF in humans with drugs or by itself, because it's a small protein," he said.

Picketts said researchers already know exercise can help delay symptoms of neurodegenerative disorders like MS and ALS, but exercise in general is just simply good for the brain.

FUNDRAISING

Mom 'excited' by city's support for her son

Adam Kveton
For Metro | Ottawa

After one day, the prospects for a fundraiser Erika Godin is holding for her ailing 20-month-old son Mason are looking much sunnier.

The single mom has organized a Halloween-themed fundraiser for Oct. 22 to raise money for all the costs associated with her toddler's third heart surgery.

Things were looking grim earlier this week when Godin had only managed to sell 10 of 75 tickets.

She was considering cancelling the event if more tickets weren't sold, which would have cost her $500 rather than boosting her already limited Ontario Works income.

However, after making a plea for support, things are starting to turn around.

Godin said she's now sold about 40 tickets to the event, while several hundred dollars have been donated to Mason's GoFundMe page in the last couple days.

Twenty-month-old **Mason Godin** will need his third open heart surgery next spring after being born with half a heart. HALEY RITCHIE/METRO

Godin said she was surprised by the quick response, adding that the Halloween-themed event will definitely be going ahead.

"I'm really excited," she said. "I think it's going to be a lot of fun, and I'm excited that people are coming to support Mason."

The children's party event will include trick-or-treating, crafts, games and visits from a pair of kid favourite characters: Spider-Man and Elsa.

A silent auction is also planned, with everything from jewellery to photography packages ranging in value from $30 to $900.

Godin's goal is to raise between $3,000 and $5,000 through this event as well as a separate one being held Oct. 20 at the Rideau Street Chapters.

The money will help to pay for a potentially lengthy stay in Toronto, where Mason will be undergoing his third heart surgery next spring. Mason was born with a rare condition called hypoplastic left heart syndrome, which means the left side of his heart is critically underdeveloped.

HOW TO HELP

If you'd like to help out, visit: **https://www.eventbrite.ca/e/fundraiser-for-mason-and-erika-tickets-27612593009**
If you cannot attend but still wish to donate, you can donate at: **www.gofundme.com/erikagodinhelp**

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NEIGHBOURHOODS

Sharing know-how in east end as Herongate transforms

Community clean-ups, barbecues, resource fairs, movies in the park, a winter fun day, and a new gathering space and community association are evidence of a transformation now underway in Herongate.

More positive change may be on the way thanks to a bounty of cash that will pay for a community developer to continue working there for a third year — three days a week instead of five, as has been the usual schedule.

A portion of Crime Prevention Ottawa's one-year $80,000 contribution will ensure the South-East Ottawa Community Health Centre's staffer will spend three days a week on community-building efforts in Herongate and two days a week supporting work being done by the Eastern Ottawa Resource Centre in the east-end Jasmine Crescent neighbourhood of Gloucester.

Two years ago, the health centre surveyed Herongate residents, community leaders, area landlord Timbercreek Management, social service agencies, school boards and resettlement groups, among others, to gauge local needs.

A clean-up in Herongate's Sandalwood Park in 2015 was one of the first community building events. METROLAND MEDIA FILE PHOTO

The east-end resource centre took note of the collaborative relationships that developed, modelled after a No Communities Left Behind strategy put to work in the neighbouring Banff-Ledbury community more than a decade ago.

"Those are things that looked very different two years ago," said Kelli Tonner, the health centre's program director.

A workshop about pest management was successfully held this year for residents whose first language is not English. A Cedarwood community hub in a Timbercreek highrise was also established.

Stakeholder groups also came together to support Herongate rental tenants who were evicted last fall and winter to make way for the planned demolition of an aging Timbercreek townhouse complex.

"Two years earlier you would never have seen a collaborative meeting ... for residents affected," said Tonner.

Tonner acknowledges Herongate still faces a lot of challenges. More engagement is needed beyond special events.

ERIN MCCRACKEN/METROLAND MEDIA

Jasmine Crescent seeking new focus

COMMUNITY

Funding and programs aim to get people involved

Positive things are happening along Jasmine Crescent.

The street, which has received a bad rap because of recent violence, is trying to focus on the positives with a number of new programs aimed at engaging the community.

It all started because on March 8 police responded to reports of a man being shot at the corner of Jasmine Crescent and Ogilvie Road. They found Nooredin Hassan, 20, on the ground. He was pronounced dead in hospital.

In April 2015, Connor Stevenson was killed on the same street, and in September, Issaiah Clachar, 17, was stabbed to death in a building on the same block.

In response to the violence, Beacon Hill-Cyrville Coun. Tim Tierney held a community forum in April to discuss the best way to get the community engaged.

The Eastern Ottawa Resource Centre has been spearheading the initiatives and according to Michelle Lemieux, a community development co-ordinator at the centre, a new grant is going to make all the difference.

"We feel the Jasmine community needs more presence and this funding will ensure that they get the extra support they need to get it done," Lemieux said.

Crime Prevention Ottawa recently OK'd a one-year grant of $80,000 to the South-East Ottawa Health Centre to help make the Jasmine Crescent ideas and programming dreams a reality.

Nicole Li, left, a community health worker with South-East Ottawa Community Health Centre, will be knocking on doors in Herongate to survey residents. **Kelli Tonner,** the centre's program director of community services, says the goal is to identify needs, concerns and opportunities.

ERIN MCCRACKEN / METROLAND MEDIA

> **This funding will ensure that they get the extra support they need.**
> Michelle Lemieux

A youth-led art sculpture will be built starting this month, and other youth activities such as hip hop and basketball with police are also in the works.

The activities will in large part be modelled after the South-East Ottawa Health Centre's community programing that has transformed the Herongate neighbourhood.

According to Kelli Tonner, South-East Ottawa Health Centre's program director, this one-year $80,000 contribution from CPO will ensure a member of the South-East Ottawa Community Health Centre's staff will spend three days a week on community building efforts in Herongate, and two days a week supporting work being done by the Eastern Ottawa Resource Centre for Jasmine Crescent.

MICHELLE NASH BAKER/ METROLAND MEDIA

TRANSIT

Bus corridor raises concerns

Residents attending a final consultation on the proposed Baseline Road bus rapid transit corridor had more concerns than praise for the project.

About 70 people attended a recent presentation about the Baseline Road bus corridor at the project's final open house at the Nepean Sportsplex.

The city is currently working on the planning and environmental assessment study for the corridor, which will be presented to the transportation committee early next year.

The project proposes building designated bus lanes down the centre of Baseline Road from Heron to Bayshore, as well as having four lanes for cars, 24 bus stations, separated cycle lanes, new sidewalks and multi-use pathways.

The project will be built in two phases — the goal for the first, from Baseline Station to Heron Station, is for it to be operational before 2031. The estimated cost is $161 million, but to move forward. The second section is proposed for after 2031, but interim measures would be implemented, costing about $7 million.

If the project is built, Doug Warren, who lives near Baseline and Clyde Avenue, and his neighbours will have to make a U-turn at the intersection to get into their condo complex because the bus lanes would block access. "It's pure stupidity," Warren said.

The plan was initially introduced through the transportation master plan that came out in 2013, but the last consultation was about two years ago.

The new route is expected to shave up to 11 minutes of commute time in each direction.

MELISSA MURRAY/METROLAND MEDIA — WITH FILES FROM ERIN MCCRACKEN

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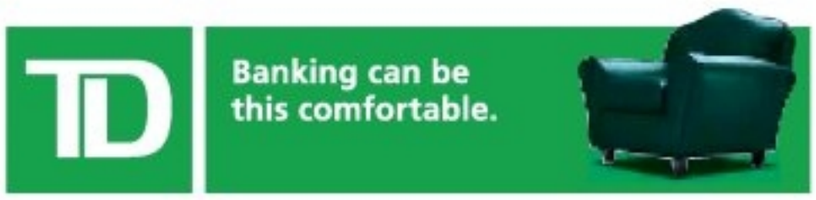

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Time to clean up the Ottawa River

ENVIRONMENT

All three levels of government invest in project to cut sewage

Haley Ryan
Metro | Halifax

Major Ottawa-area politicians from all levels of government gathered at the banks of the Ottawa River Tuesday for an announcement confirming that funding is lined up for a massive four-year construction project that will reduce the amount of raw sewage flowing into the river.

Construction is set to begin on an underground combined sewage storage tunnel (CSST), a major part of the Ottawa River Action Plan and a project with a $232.3-million price tag.

The federal government and the provincial government have agreed to each contribute $62.09 million to the project. The remainder, an estimated $108-million, will come from the City of Ottawa.

"We appreciate the previous government for starting the process and the current government for finishing it," said Mayor Jim Watson, who made the announcement with provincial Infrastructure Minister Bob Chiarelli and Environment Minister Catherine McKenna.

So far this year, over half a million cubic metres of rainwater mixed with raw sewage has flowed into the Ottawa River, contributing to beach closures and E. coli levels.

The overflow problems come from the way sewers were designed between the 1880s and the 1960s. Heavy downpours can overwhelm the city's system of drainage and sewers. Instead of backing up sewage into basements, the excess water — including raw sewage — is dumped into the Ottawa River.

While most of the beach-closing, post-rainfall E. coli comes from storm outlets and goose excrement, sewage overflow travelling downriver has increased contamination in many river sites east of downtown.

Workers remove construction signs after the funding announcement for the combined sewage storage tunnel project. HALEY RITCHIE/METRO

The solution the city has chosen is a combined sewage storage tunnel. Instead of letting the overwhelmed system dump sewage into the river, two massive underground storage tunnels will hold the water until it can be treated.

"This has been my number one priority for a number of years. Too many days the beaches are closed, and for many families that's their only recreational opportunity in the summer," said Watson.

While clean beaches and fewer closures were touted by a number of politicians, the new measures won't necessarily have a big effect on western beaches like Westboro and Brittania.

> **"Too many days the beaches are closed.**
> Mayor Jim Watson

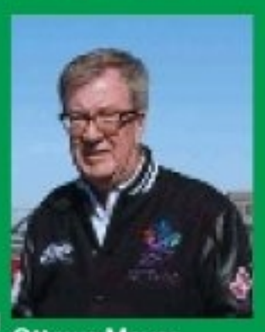
Instead the biggest difference will be downriver at sites like Petrie Island.

The City of Gatineau has only just begun tracking the amount of overflow from their side of the river. Watson said while that pollution in a concern, the river is wide enough that it doesn't have a major impact on Ottawa sites.

"Obviously the river doesn't respect boundaries," he said. "We'll be able to capture 95 per cent of the pollutants. Our folks tell me that because of the width of the river it will meet our standards of ensuring that we have the cleanest water possible."

Watson said preliminary work has already begun. Construction will begin this year, with the project aiming to be completed in 2020.

As a result of this investment in the Ottawa River Clean Up Plan, we will see a 95 per cent reduction in raw sewage spillage into the river. That's about as good as you can get with the technology we have.



Ottawa Mayor Jim Watson

The Ottawa River Runners pump house is a world class whitewater facility and they actually have sewage when there's big rains, sewage comes through. This is something that'll stop this and keep beaches open longer.

Environment Minister and Ottawa Centre MP Catherine McKenna

Today's announcement – the combined sewage storage tunnel – might not be the most exciting piece of infrastructure. But it is a critical piece of the Ottawa River Action Plan. This is truly legacy funding for the future of the Ottawa River.

Infrastructure Minister and Ottawa West-Nepean MPP Bob Chiarelli

This is an important announcement for the residents of the national capital region, especially those of us, such as in Orleans and Vanier who are downstream of this facility. Absolutely.

Orléans MP Andrew Leslie

MILITARY

Top general fined for accidental gunshot

Canada's top special forces soldier must pay $2,000 after accidentally firing his weapon near another military officer last year.

A military judge handed down the punishment today after Maj.-Gen. Mike Rouleau pleaded guilty at a court martial to one count of conduct to the prejudice of good order and discipline.

The case stems from an incident in northern Iraq last December, where 170 Canadian special forces are currently based, helping to train Kurdish forces in the fight against Daesh.

Rouleau and another officer were getting ready to visit a forward operating base after presenting several soldiers with medals when his rifle fired one round, according to a statement of facts read during the court martial.

The discharged bullet from Rouleau's weapon hit the ground less than two feet from the other officer.

Rouleau could have faced a maximum punishment of dismissal from the military with disgrace.

But the presiding judge, Lt.-Col. Louis-Vincent d'Auteuil, agreed that a $2,000 fine sent a sufficiently strong message about the proper handling of weapons and is in line with the punishment handed down in a number of similar cases in the military.

THE CANADIAN PRESS

Maj.-Gen. Mike Rouleau. TORSTAR NEWS SERVICE FILE

Jeri Rodrigs, inventor of the Rumidifier, shows off his humidifier that runs without electricity. ADAM KVETON/FOR METRO

Inventor is ready to slay

INNOVATION

Father takes on Dragons' Den to prove point to his children

Adam Kveton
For Metro | Ottawa

When Ottawa resident Jeri Rodrigs' two boys fell ill in 2006, his doctor told him the pair could benefit from a humidifier in their room.

But Rodrigs, a software designer with Nortel, didn't like the look of the humidifiers he found for sale: they're too noisy, they break down, and they need to be plugged in, he said.

"Why can't we have humidity without electricity?" he asked. Ten years later, Rodrigs' Ottawa-developed and produced invention — called the Rumidifier, which runs without electricity — has more than $1 million in sales in the past three years.

Though the product is available in Home Depots and Home Hardwares across the country, as well as other stores, he's ready to bring his product to the next level, and for that, he wanted the help of Dragons.

After being passed over last year in auditions for Dragons' Den, Rodrigs made it to the show this year, and his pitch will air on Oct. 19.

For him, going on the show was about getting more exposure for his product, and securing a deal with one of the Dragons to help with marketing.

But he hopes his being on TV might serve a broader purpose.

He wants to show his kids, and others, that life can be something other than a nine-to-five job. Instead, you can make something creative and useful, and even be on national television.

"It's giving them an idea … that not just Kim Kardashian and Trump can be on TV," said Rodrigs. "You can, too."

IN BRIEF

Charges over road death

Provincial police say a 70-year-old man is charged with careless driving following an investigation into a collision that killed one construction worker and injured another.

They say two construction vehicles were parked on the south shoulder of Highway 17 west of Arnprior, Ont., on April 25 and two workers were on the shoulder.

Investigators say a westbound Jeep crossed the centre line and struck both construction vehicles and the two workers, killing 42-year-old William Milton.

THE CANADIAN PRESS

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EQUALITY GRÉGOIRE-TRUDEAU CELEBRATES INTERNATIONAL DAY OF THE GIRL Sophie Grégoire-Trudeau takes selfies after opening the market at the TSX in Toronto to celebrate International Day of the Girl on Tuesday. She also used the occasion to launch Facebook and Instagram feeds of her own. "It's time," she wrote. "On this International Day of the Girl, it's time to share the amazing journey we're on together." EDUARDO LIMA/METRO

Citizenship fees up, applications down

GOVERNMENT

2016 saw 1/3 of applications compared to previous years

The number of immigrants applying for Canadian citizenship has plummeted for the second year in a row in the wake of hefty application fee hikes Ottawa introduced in recent years.

The trend has prompted fears that the current citizenship costs — $530 per adult, plus a $100 right of citizenship fee — are creating a growing underclass of newcomers who can't afford the fee and hence are prevented from full integration and participation in Canadian society, according to a report published in the Institute for Research on Public Policy.

According to the latest government data, only 36,000 citizenship applications were received from January to June in 2016, just more than one-third of the number for the same period last year.

In 2015, a total of 130,000 citizenship applications were submitted to Immigration, Refugees and Citizenship Canada, compared to an average of 200,000 received in previous years.

"The decline is so significant that it cannot be ignored," said retired immigration department director-general Andrew Griffith, who obtained the government statistics for policy analysis for the Montreal-based Institute for Research on Public Policy.

> **As the government considers further increases to the number of immigrants, current fees mean that fewer will apply to become citizens.**
> Andrew Griffith

"I had thought the citizenship fee increases would provoke a decline in applications, but I was surprised by the steepness of the decline."

Griffith's report came just as Canada is celebrating Citizenship Week.

The former Conservative government raised the citizenship fee to $300 from $100 per adult in 2014, and again to $530 last year — to fully recover the processing cost of applications. The fee had been held constant at $100 for almost two decades.

Although immigration officials said at the time the fee hikes would have no impact on the number of immigrants applying to become citizens, Griffith said the data clearly shows otherwise.

Besides the fee hikes, the only major change to the citizenship program was the new requirement for applicants between the age of 55 and 64 to pass the knowledge test.

"If the current 2016 trend continues, we will have 300,000 new immigrants and far less than 100,000 new citizens," Griffith cautioned. TORSTAR NEWS SERVICE

INFRASTRUCTURE

Focus housing funds on poor, aboriginals: Group

The federal government is under quiet, but growing pressure to focus housing spending on the neediest, instead of forging ahead with a national plan aimed at the entire housing spectrum.

The lobbying comes as the government works towards a national housing strategy that will map a path forward on everything from homeless shelters to the housing market and decide the fate of billions in federal funds earmarked for social infrastructure.

The push came Tuesday, when the Canadian Housing and Renewal Association argued in a public submission that attention needs to be paid to urban aboriginals and youth, who face higher poverty rates, and to the North, where housing and repair costs are higher.

The group argues there is a need to focus on affordability in the rental market and not just on reducing housing prices. THE CANADIAN PRESS

EDUCATION

Loans to doctors, nurses mistakenly forgiven

The federal government is keeping closer tabs on a student loan program targeting doctors and nurses after many of them had loans mistakenly forgiven over the past two years.

The federal government launched the doctors and nurses loan forgiveness program in 2013 to act as an incentive for medical school graduates to practice in underserved areas of the country, or communities that had a hard time attracting new family doctors.

But documents show 30 of them should never have received the help during the program's first two years of existence.

$31 million

Since its launch, the federal program has forgiven about $31 million in student loans to about 5,000 doctors and nurses.

Documents from Employment and Social Development Canada, which oversees the student loans program, show the mistake was first noticed in September 2015 when provincial officials in Saskatchewan alerted their federal counterparts.

The Saskatchewan government set up its own loan forgiveness program for nurses the same year the federal program launched. The documents suggest the private company contracted to administer both programs, DH Corporation (also known as D+H), made the errors that saw about $113,000 in loans mistakenly forgiven.

A March briefing note to Labour Minister MaryAnn Mihychuk, a copy of which The Canadian Press obtained under the Access to Information Act, shows that between February and August of this year ESDC officials verified every decision by D+H to forgive a loan while system upgrades were made.

The briefing note says all 30 loan recipients were told they didn't have to pay back any of the money, but warned they wouldn't be eligible to have more of their loans written off unless they work in eligible communities. THE CANADIAN PRESS

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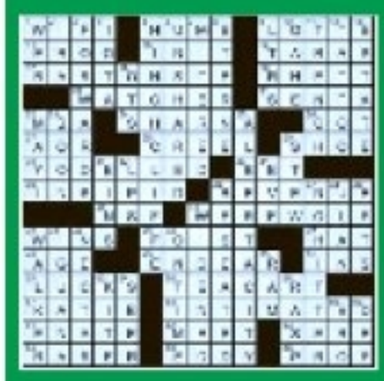

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4	6	8	7	1	5	3	2	9
1	2	7	4	3	9	6	8	5
9	8	4	5	7	1	2	3	6
3	7	1	6	2	4	5	9	8
2	5	6	8	9	3	7	1	4
7	9	2	1	5	8	4	6	3
8	4	5	3	6	2	9	7	1
6	1	3	9	4	7	8	5	2

for more fun and games go to metronews.ca/games

'There's no aid that's come here'

NATURAL DISASTER

Haiti needs $120 million, UN estimates

People walk down a debris-covered street in the commune of Port-a-Piment, in Les Cayes, Haiti, on Tuesday. Haiti faces a humanitarian crisis that requires a 'massive response' from the international community, the UN says. AFP/GETTY IMAGES

People throughout Haiti's devastated southwest peninsula formed makeshift brigades Tuesday to clear debris and try to regain some semblance of their pre-hurricane lives as anger grew over the delay in aid for remote communities more than a week after the Category 4 storm hit.

A community group that formed in the southern seaside community of Les Anglais began clearing tree limbs from streets and placing them into piles while others gathered scraps of wood to start rebuilding homes destroyed by Hurricane Matthew.

Carpenter James Nassau donned a white construction helmet as he rebuilt a neighbour's wall with recycled wood, hoping to earn a little money to take care of 10 children, including those left behind by his brother, who died in the storm.

"My brother left five kids, and now I've got to take care of them," he said. "Nobody has come to help."

The scene repeated itself across small seaside and mountain villages dotting the peninsula, where people pointed out helicopters buzzing overhead and questioned why they haven't received any help.

Israel Banissa, a carpenter who lives near the small mountain town of Moron, said a Red Cross assessment team stopped outside his village to ask people questions but didn't leave any supplies.

"There's no aid that's come here," he said as he sawed wood to help rebuild his home and dozens of others. "I don't think they care about the people up here."

The UN humanitarian agency in Geneva has made an emergency appeal for nearly $120 million in aid, saying about 750,000 people in southwest Haiti alone will need "life-saving assistance and protection" in the next three months. UN officials said earlier that at least 1.4 million people across the region need assistance and that 2.1 million overall have been affected by the hurricane. Some 175,500 people remain in shelters.

The National Civil Protection headquarters in Port-au-Prince raised the official nationwide death toll to 473, which included at least 244 deaths in Grand-Anse. But local officials have said the toll in Grand-Anse alone tops 500.

Those who survived the storm still faced great challenges, including going days without food. THE ASSOCIATED PRESS

HURRICANE MATTHEW

U.S. braces for more

A state trooper shot and killed an armed man during a search for flood victims in a tense and dispirited North Carolina, and thousands more people were ordered to evacuate as high water from Hurricane Matthew pushed downstream Tuesday, two days after the storm blew out to sea.

Matthew's death toll in the U.S. climbed to 30, half of them in North Carolina, in addition to the more than 500 feared dead in Haiti.

In Greenville, a city of 90,000, officials warned that the Tar River would overwhelm every bridge in the county by sundown, splitting it in half before the river crests late Wednesday. Evacuations were ordered there and in such communities as Goldsboro and Kinston, as rivers swelled to some of the highest levels ever recorded.

Tens of thousands of people have been warned to move to higher ground since the hurricane drenched the state with more than a foot of rain over the weekend during a run up the East Coast from Florida. THE ASSOCIATED PRESS

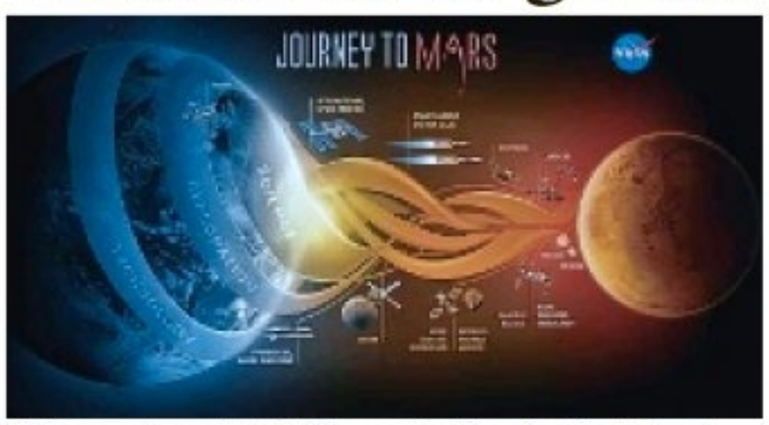
CHINA

Girl found wrapped in dead parents' arms

Rescuers pulled out a three-year-old girl who survived under the remains of collapsed homes in the arms of her dead parents, state media reported Tuesday. The bodies of her mother and father protected the toddler from being hurt. The three were found under the rubble 15 hours after a group of decrepit homes collapsed in eastern China, killing 22 people. Six people survived. THE ASSOCIATED PRESS

SCIENCE

Obama reinvigorates push to send humans to Mars



This image shows NASA'S Journey to Mars. President Barack Obama sought to reinvigorate his six-year-old call for the U.S. to send humans to Mars by the 2030s. NASA VIA THE ASSOCIATED PRESS

President Barack Obama sought Tuesday to reinvigorate his six-year-old call for the U.S. to send humans to Mars by the 2030s, a mission NASA has been slowly and quietly trudging away at.

The White House was calling attention to government contracts awarded to six companies to build prototypes for "habitats" that could sustain human life in deep space. One such privately developed habitat — an inflatable room — is already attached to the International Space Station. Obama also said that within two years, private companies like SpaceX and Boeing will taxi astronauts to the space station with NASA as a customer.

"These missions will teach us how humans can live far from Earth, something we'll need for the long journey to Mars," Obama wrote in an op-ed on CNN's website. He said the ultimate goal is for humans eventually to stay on the red planet "for an extended time."

NASA officials and outside space experts said there is little new in what's coming out of the White House on Mars, something NASA has taken to calling its "Journey To Mars."

"There's nothing big here at all, unless you haven't been paying attention," said former George Washington University space policy chief John Logsdon. "It's a re-focusing of the fact that he set these goals and NASA has been pursuing them."

The president planned to discuss the initiative further when he meets with scientists, engineers and academics at an innovation summit Thursday in Pittsburgh. THE ASSOCIATED PRESS

FRANCE

Aid groups say dismantling Calais refugee camp won't work

Charities working with refugees and migrants living in a slum-like camp in northern France are objecting to the government's plan to dismantle the site and disperse the occupants, saying French authorities should not act in haste.

Although no date has been announced for closing the refugee camp in Calais known as "The Jungle," the French government has announced it will happen by the end of the year. The first group of migrants is expected to be moved as soon as next week.

Homelessness charity Emmaus and other organizations working in the camp met again with Interior Minister Bernard Cazeneuve Tuesday. Emmaus asked for the closure to be postponed, saying the conditions for an effective and humanitarian relocation have not been met.

"The government is heading straight into a wall," Emmaus France President Thierry Kuhn said. "We should not bury our heads in the sand; people will come back as long as we won't be able to offer them a solution adapted to their life plan."

The groups say the plan is faulty because a large proportion of migrants in the camp have no interest in staying in France, but hope to cross the English Channel to Britain.

"The government needs to take its time; otherwise, half of the people in the 'jungle' won't find a place in the relocation process," Emmaus official Frederic Amiel. THE ASSOCIATED PRESS

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Former oilsands exec makes leap to fashion

APPAREL

Jean-Michel Gires designs clothing for women

An oilsands executive known for employing the art of the deal is putting his passion for the art of photography into a new line of silk scarves, spandex leggings and other women's clothing.

Jean-Michel Gires set French energy giant Total S.A. on course for a massive buildup of oilsands production while heading the company's Canadian branch in Calgary from 2009 to 2013.

At one point, he vowed the company would spend $20 billion to achieve 200,000 barrels per day of oilsands production by 2020 (a timeline Total has since backed away from, in part because of low oil prices).

He returned to head office in Paris when his Calgary gig was up but says that, after 25 years, he was no longer interested in life as a travelling executive. He resigned and moved back to Calgary, first as a partner in a clean-tech venture capital firm and now as the founder and chief designer for a clothing startup that bears his name, By Jean Michel.

Oil executive turned fashion designer **Jean-Michel Gires** displays his scarves at a studio in Calgary. THE CANADIAN PRESS

In a recent interview, the 58-year-old mining engineer said that he simply needed to be free to pursue his true calling. He spoke at a Calgary photo studio where a fashion photographer, model and stylists were shooting catalogue shots for his 2017 line of scarves, leggings, decorative hand fans and, for the first time, kimonos.

"When I decided to leave Total and decide what I wanted to do with my interest in innovation, all of my passion for photography came back," he said.

Gires was an early fan of digital photography, buying his first camera 20 years ago so he could share with family and friends sights from his many foreign Total assignments.

His focus changed, though, after he photographed light reflecting and creating patterns as it danced over moving water in a river near Paris. He decided to make reflecting patterns his "niche" as a photographer.

He finds the patterns everywhere now, on the sides of glass and metal buildings or on mountain lakeshores. When the pattern is turned into a mosaic and printed on high-quality fabric, it also produces a "story" that can be printed on a card for the purchaser to share with those who admire her new garment.

Gires' products can be purchased at byjeanmichel.com.

THE CANADIAN PRESS

SMARTPHONES

Samsung stopping Note 7 production

Samsung Electronics said Tuesday it is stopping production of Galaxy Note 7 smartphones permanently, a day after stopping global sales of the ill-fated devices amid reports that batteries were catching fire.

The South Korean company is struggling to regain consumer trust after a first round of recalls that prompted criticism both for the faulty devices and for the company's handling of the problem. After the earlier recall, the company said it had identified a manufacturing defect in the batteries of its top-of-the-line smartphone.

It started shipping new Note 7 phones that were supposed to be safer. But reports that even the replacements were catching fire led Samsung to announce it was stopping sales of the devices.

Authorities in the U.S. and South Korea are still investigating why even the replacement Note 7 phones are catching fire. An official at the South Korean safety agency said the replacement phones may have a defect that is different from the problem with the original Note 7s.

THE ASSOCIATED PRESS

IN BRIEF

Housing starts up, but...
Residential construction was hotter than expected in September as the pace of housing starts picked up nationally, the Canada Mortgage and Housing Corp. said. Toronto was an exception, with the rate dropping mainly as a result of fewer apartment starts. THE CANADIAN PRESS

market minute

DOLLAR 75.52¢ (+0.25¢)
TSX 14,549.60 (-16.66)
OIL $50.79 US (-56¢)
GOLD $1,255.90 US (-$4.50)

NATURAL GAS: $3.24 US (-4.0¢)
DOW JONES: 18,128.66 (-200.38)

metro VIEWS
Your essential daily news
Wednesday, October 12, 2016

ROSEMARY WESTWOOD TELLS A SURVIVOR'S STORY

'I FELT SICK AND TERRIBLY ANGRY'

Sexual assault is the violent crime least likely to be reported, and the only one not in decline. Only a fraction of survivors who come forward will ever see their stories told in court. Over the course of the past six months, Metro has been following the case of one woman in her 20s who decided, against the odds, to go to the police. **This is what it takes to seek justice.**

It took Lindsey nearly 10 years. But in May, she decided it was time to go to the police.

She'd been calling crisis hotlines in B.C., where she lives. "It was the first time I'd heard anyone say to me, 'Childhood sexual abuse,'" she said. That language used by the hotline counsellors gave her the right words, and made it possible to call the police, despite then-swirling news of the Jian Ghomeshi trial and the vitriol thrown at the women who testified against him.

"I honestly didn't know whether or not reporting was a good idea, if it would bring any good at all," she told me. "I didn't know if I had a case."

When she was 15, in 2007, Lindsey (Metro agreed to use only her first name) met a man twice her age, an instructor at an arts program. She said that he showed romantic interest in her, told her he loved her and encouraged a sexual relationship. Over the course of the year, he initiated increasingly "depraved, animal-level" sexual behaviour, she said, and would take her to forested areas and even his mother's house to have coercive sex.

Then the sexual encounters grew to include her best friend, who was 14. When Lindsey's friend's family found out, they called the police.

Lindsey said the man told her he would kill himself if she told the truth. So she downplayed the relationship and sexual encounters.

The resulting investigation, which ended without charges, splintered her life, damaging friend and family bonds and triggering years of pain and struggle.

But now, in 2016, she'd decided what happened to her was profoundly wrong. She needed reconciliation. She needed some kind of justice.

Lindsey called the RCMP in Surrey. They scheduled an interview at a detachment two days later.

'I think if I had just said OK, they would have let it lie.'

STRUCTURAL BARRIERS An RCMP cruiser drives past a stop sign on Parliament Hill. The experience of Lindsey, who told Metro about what she went through in reporting to RCMP sexual abuse that she says occurred in 2007, shows that even when police are co-operative and helpful, justice for survivors remains elusive. THE CANADIAN PRESS

Her fears were many: "My life's going to be ruined, or maybe nothing will happen, or they'll tell me it wasn't childhood sexual abuse." Also: would it matter that she had denied the abuse years earlier?

The interview lasted about two and a half hours, in an interrogation room, "which was disconcerting," she said. There were black marks on the white walls, as if tables had been slammed against them. A couch would have been nice, she thought, but the officers themselves were empathetic, understanding and professional. They didn't make her feel at fault, or disbelieved. She answered detailed questions about how she met the man and about specific sex acts.

"I was blown away by his sensitivity," Lindsey said of Const. Gregory Montgomery, who would be her main contact over the months to come. "I feel like I got lucky. I really do."

It was dark and late by the time they stopped talking that day, and the officers offered to get her a cab. Montgomery told Lindsey he'd be in touch, making no promises, which she appreciated. "It made me trust him," she said.

A few weeks later, she emailed Montgomery for an update, and he told her they'd recovered the original file from 2007. They were going to look into it.

A month passed. And another.

Lindsey periodically called or emailed for updates. But there wasn't always much to report.

"This is way freaking harder than we thought it was going to be," she told me at the time. "You're upset, you're anxious, you're wondering what's happening. Is anything happening?"

She began worrying that police were contacting the accused. "What if he comes after me? Can I get protection?"

The experience of recounting her story was "oddly traumatizing" and she felt "swept up again" into the emotions, and the harm.

But she had unique support in her childhood best friend, the one who had also been involved with the man in 2007. They'd reconnected as adults, and on the day Lindsey filed her complaint with police, her friend filed one too. The friend spoke with different officers, who got back to her much sooner with bad news: No charges.

Then on June 30, Montgomery called. The Surrey RCMP's Sexual Victims Unit had reviewed the file. "He said, 'I'm sorry to tell you this, but we can't move any farther with the case,'" Lindsey recalled. Her original statement, which downplayed the sexual events, would undermine her credibility now. Police only recommend charges when there's a reasonable expectation of a conviction in court.

"I put the phone down and ran upstairs and started to sob," she said. "I felt sick and terribly angry and filled with an overwhelming feeling of injustice."

Then she began to wonder: Had police really done all they could? Neither Lindsey nor her friend had been interviewed to support one another's claims. Nor had Lindsey's parents been reinterviewed. She hadn't been asked to try and dig up text messages or emails from the man.

She researched the laws that would have applied to her case at the time. The age of consent in 2007 was 14 (she was 15) but it was and remains 18 for sexual activity that exploits a young person through prostitution, pornography or a position of authority — meaning charges like sexual interference and sexual exploitation could apply.

Montgomery told her that the RCMP's SVU conducted the initial investigation in 2007. Lindsey's father told me that he recalled an officer discussing the inappropriateness of the age difference. He was told that "because the age of consent was 14 at the time of the incident and because no formal complaint was made at the time, there was really nothing they could do. But what they were going to do was keep an eye on this guy, and in his words, let him know that he's being watched."

Lindsey said that the man's boss — who, as owner of the company that ran the arts program, could establish his role of authority — was never interviewed, either during the initial investigation or at any point afterward. She knows this because while officers were reviewing the original file this year, Lindsey had gone to talk to the boss, to find out what she knew.

Over the next months, Lindsey continued to call Montgomery, asking him about the age of consent for sexual interference, a charge that seemed to fit her case, since the man had been in a position of authority and she hadn't yet turned 18.

I called Montgomery myself for an update on the case earlier this month, and then, a week later, RCMP's national headquarters. That's when he called back to say he was referring the case, for a second time this year, to the SVU.

"(Lindsey) brought up some very valid questions about it, so I'm going to push it to SVU and have them re-review it," he said. Montgomery, who is new to the force this year, did not explain why it was Lindsey, not the SVU, that raised these questions.

For Lindsey, that means the case it not over. It means hope: "The fact that he's pushing it, that he is taking it and reconsidering after everything I've brought up. That he's doing his due diligence.

"I think if I had just said OK, they would have just let it lie," she said. "It would have stayed the same. It required me to push."

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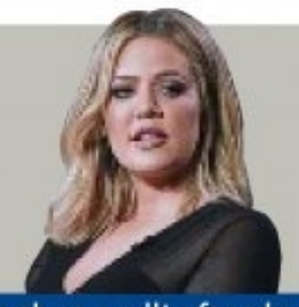

Khloe Kardashian: Kim's 'not doing that well' after heist

Saying goodbye is never easy

HBO's new series Divorce stars Sarah Jessica Parker and Thomas Haden Church, who seem to have interpreted the script in different ways. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

THE SHOW: Divorce, Season 1, Episode 3
THE MOMENT: The mismatched mates

Frances (Sarah Jessica Parker) and Robert (Thomas Haden Church) are splitting up. For the first time, he'll sleep elsewhere.

As they part, he stands at the bottom of the stairs; she sits a few steps up. "Let's not have a big emotional scene," he says. "Just remember something: I always loved you."

"I loved you," she says.

"Goodbye, Frances," he says.

"Goodbye, Robert," she replies.

He doesn't move. "Goodbye," he says.

"Good…bye?" she says.

"I really need to use the washroom," he says. "In a hurry."

"Go ahead," she says. He doesn't move.

"Can you go upstairs?" he asks. "I don't want your last memory of me in this house to be … you know."

She walks upstairs and sits on her bed. For a moment she's sad. Then, FLUSH. She hears Robert's voice ("Come on!") and the sound of plunger on porcelain. FLUSH again.

This is not a relaxing series to watch. The subject matter is sharply observed; it often feels original and true. But the tone is uneasy.

Series creator Sharon Horgan, the genius behind Catastrophe, is an expert at saying hurtful things with a smile in her voice. I suspect she writes Frances and Robert that way. The problem is, Church interprets that voice as comedy — often broad comedy — while Parker seems to hear it as occasionally-funny drama.

It's easy to see why Frances and Robert are splitting. But with Parker and Church in different acting hemispheres, what's difficult is understanding why they were together in the first place.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

With this show, I think we're initially asking more of our audience: We're asking them to be part of combat
Sarah Jessica Parker on HBO's Divorce

QUOTED

Was Parker's decision to claim the Frances role a way to purge herself of her Carrie Bradshaw past?

"I don't WANT to be done with that association," she says.

"I loved it! But I'm an actor, I always was, and now my job is to share who Frances is with the audience."

Through six HBO seasons and two feature films, Carrie, with her goofy couture and saucy lexicon ("frenemies," "toxic bachelor"), helped give life to a then-new phase of women's liberation and made Sex and the City a cultural marker.

"With this show, I think we're initially asking more of our audience: We're asking them to be part of combat," says Parker. THE ASSOCIATED PRESS

INTERVIEW

Kristen Stewart looking to branch out into directing films

Three films in this year's New York Film Festival certainly qualify Kristen Stewart as a workaholic, but the actress doesn't think that's such a bad thing.

"Oh yeah, I'm totally addicted, man... I get super obsessed with stuff, you know, and which is to a fault. But it's served me well," said Stewart.

Since the Twilight franchise, the actress has quietly amassed an impressive body of work, including a trio of very different films at this year's festival. She's already premiered Certain Women, directed by Kelly Reichardt. The festival is also screening Olivier Assayas's Personal Shopper, and Stewart will walk the red carpet again for Ang Lee's Billy Lynn's Long Halftime Walk on Friday.

With a diverse set of roles since portraying Bella in the Twilight series, Stewart doesn't feel her evolution was intentional and says she just got lucky. "Honestly, it was not like a tactical approach, you know what I mean?

"I've always known that if I have a certain dynamic with someone or conversation, it's either leading to productivity or not," Stewart said.

Besides acting, Stewart wants to direct, too, and working with Lee and Reichardt gave her a unique perspective, especially since the two take a completely different approach to directing a film. "I think they are both absolute geniuses when it comes to being composed, and when it comes to being aware of something that we're not aware of," Stewart said.

"They see the invisible and they capture it, and that's what I would like to do while making movies."

But Stewart leans toward Reichardt's style.

"Seeing Kelly steel-train her way through a movie that seems so natural, but is so deliberate... It makes me want to work now, like start working, now," Stewart said. Certain Women will be in select theatres on Friday, while Billy Lynn's Long Halftime Walk kicks off on Nov. 11.

Personal Shopper, in which Stewart plays a personal shopper for celebrities, isn't available in theatres until next year. As for her own celebrity, Stewart doesn't see herself as an insider.

"I'm so famous," Stewart joked before saying, "I don't even know what that means."

THE ASSOCIATED PRESS

Kristen Stewart has three films at the New York Film Festival. She admits she can "get obsessed" with work.
JAMIE MCCARTHY/GETTY IMAGES

A veggie dish even your kids will like

The kids will never complain about vegetables again after trying this fragrant dish au gratin.
TORSTAR NEWS SERVICE

RECIPE

Butternut squash adds sweetness to au gratin dish

Ricardo Larrivée
For Torstar News Service

Here's a secret most parents know: the trick to making any vegetable appealing to kids is to smother it in cheese.

This recipe is no exception, but here's a surprise: the squash in this recipe is actually an essential part of why this dish is so beloved by kids.

Well, my kids anyway.

The great thing about butternut squash is how sweet and creamy it becomes once it's cooked.

In this recipe, the squash also soaks up the irresistible flavours of leeks, onions and garlic sautéed in butter.

This is such a fragrant dish (the whole house will smell like garlic butter!) that you won't even really need cheese.

But I would make it au gratin, so the kids will gobble it up.

Squash and Leek Rigatoni au Gratin
Ingredients:

- 4 cups (600 g) peeled, seeded and cubed butternut squash
- 2 tbsp (30 mL) olive oil
- 3/4 lb (375 g) rigatoni
- 3 cups (285 g) thinly sliced leeks (about 1 or 2)
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1/4 cup (55 g) butter
- 1/4 cup (40 g) unbleached all-purpose flour
- 2 cups (500 mL) chicken broth
- 1 cup (250 mL) milk
- 8 cups (240 g) lightly packed fresh spinach, stemmed and coarsely chopped (2 bags of 6 oz / 170 g)
- Red pepper flakes (optional)
- Grated nutmeg (optional)
- 1 cup (100 g) grated cheddar cheese
- 1/2 cup (35 g) grated Parmigiano-Reggiano cheese
- Salt and pepper

Directions:

1. With the rack in the middle position, preheat the oven to 400F (200C). Line a baking sheet with parchment paper.

2. Place the squash on the baking sheet. Drizzle with the oil and season with salt and pepper. Bake for about 20 minutes or until tender, stirring halfway through cooking. Set aside.

3. Meanwhile, in a large pot of salted boiling water, cook the pasta al dente. Drain. Lightly oil and set aside.

4. In the same pot over medium-high heat, soften the leeks, onion and garlic in the butter. Season with salt and pepper. Sprinkle with the flour and cook for 1 minute, stirring constantly. Add the broth and milk. Bring to a boil. Simmer for 5 minutes.

5. Off the heat, with an immersion blender, purée the leek mixture until smooth. With a spatula, stir in the squash, pasta and spinach. Adjust the seasoning. Add a pinch of red pepper flakes and nutmeg, if desired.

6. Pour the mixture into a 13 x 9-inch (33 x 23 cm) baking dish. Sprinkle with the cheeses. Bake for about 25 minutes or until golden brown. Let rest for 15 minutes before serving.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Coconut milk

Pure coconut milk is fattening up your favourite Thai dishes.

PICK THIS

Thai Kitchen Lite Coconut Milk 1/3 cup (90 ml)
Calories 60
Fat 5.3g

SKIP THIS

Thai Kitchen Coconut Milk 1/3 cup (90 ml)
Calories 180
Fat 15g

HERE'S WHY

Equivalent in fat to 2 medium slices of thin crust pizza with ham and pineapple from Domino's Pizza.

Coconut milk is a staple ingredient in many delicious South Asian recipes, like curry and stir-fries, as well as in soups, beverages and desserts. The thick, creamy milk-like texture adds flavour to these dishes. It's nutritious, being rich in fibre, vitamins and minerals, and is also lactose-free. However, it's also high in fat, saturated fat and calories, leading many to want to skip it entirely when cooking. A simple switch to the light version gives you only a 1/3 of the fat and calories and is equally as tasty!

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME
12 weeks (36 hours in class and 36 hours online)
FRENCH AS A SECOND LANGUAGE (9 LEVELS)
September 26 to December 17, 2016
Evenings: 6 pm to 9 pm (10 Levels)
Saturdays: 9am to noon (8 Levels)
ENGLISH AS A SECOND LANGUAGE (6 LEVELS)
September 26 to December 17, 2016
Evenings: 6 pm to 9 pm (6 Levels)
NEW! Saturdays: 9 am to noon (2 Levels)

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (6 LEVELS)
September 12 to October 7, 2016
Levels 1, 3 and 5: 9 am to noon
Levels 2, 4 and 6: 12:30 pm to 3:30 pm
ENGLISH AS A SECOND LANGUAGE (2 LEVELS)
September 12 to October 7, 2016
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ép ÉDUCATION PERMANENTE

The return of the cupcake

Allyson Bobbitt and Sarah Bell have kept their cupcakes simple, with **familiar flavours like chocolate, vanilla and salted caramel.**
TORSTAR NEWS SERVICE

RECIPE

Pair of Toronto bakers bring simplicity back to sweet treat

It's not that pastry chefs Allyson Bobbitt and Sarah Bell are militant on how to do cupcakes ("We're not saving lives here," Bell quips) — they just want to demystify the techniques behind picture-perfect cupcakes for people who are either scared of baking or have written off cupcakes as a passing fad.

We all remember the cupcake trend in the 2000s. Cupcake shops opened at the pace of Starbucks. Cupcake Wars debuted on the Food Network in 2009, pitting bakers against each other to create the most extreme cupcake. The trend reached parody levels in 2012 when a Vancouver bakery called ManCakes rolled out cupcakes with hot sauce frosting topped with crispy chicken skin. In the same year, the cupcake vending machine debuted in American cities. Cupcakes became a joke.

So when Bobbitt and Bell opened their pastry shop, Bobbette & Belle, in Toronto's Leslieville six years ago, they stripped the cupcake down to what people liked about them in the first place — familiar flavours such as vanilla, chocolate and salted caramel. Fluffy swirls of buttercream in calming neutral tones and the occasional pastel.

The return to simplicity worked, leading to a second midtown location two years ago and this month the release their first cookbook, Bobbette & Belle: Classic Recipes from the Celebrated Pastry Shop ($35, Viking).

Brown Sugar Cupcakes With Salted Caramel Buttercream and Caramel Drizzle

Ingredients (for the brown sugar cupcakes):
- 1 1/2 cups (375 mL) all-purpose flour
- 1 1/2 tsp (7 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 1/4 cups (310 mL) lightly packed brown sugar
- 2 large egg whites, room temperature
- 3/4 cup (185 mL) buttermilk, room temperature
- 1 tbsp (15 mL) pure vanilla extract
- 1/2 cup (125 mL) unsalted butter, melted and cooled

Directions:
1. Insert liners in a standard 12-cupcake pan.

2. In a mixing bowl, whisk together flour, baking soda and salt. Set aside.

3. In a stand mixer with the whisk attachment, mix brown sugar and egg whites on medium speed until well combined. Add buttermilk and vanilla and continue to whisk on medium until well combined. Add butter and whisk until well-combined.

4. Set mixer to low speed and slowly add flour mixture until well incorporated.

5. Divide batter evenly into cupcake pan, filling each cupcake liner about 3/4 full.

6. Bake at 350F (175C) for 20 to 25 minutes or until a toothpick inserted into centre of cupcake comes out clean.

7. Let cupcakes cool in pan for 10 minutes before transferring to a wire rack to cool completely before decorating.

Ingredients (for salted caramel sauce):
- 1 cup (250 mL) granulated sugar
- 1/2 cup (125 mL) 35 per cent cream
- 1/4 tsp (1 mL) fleur de sel, maldon or kosher salt
- 1 tsp (5 mL) pure vanilla extract
- 1/4 cup (60 mL) salted caramel sauce

Directions:
1. In a medium saucepan over medium-high heat, heat a half cup of sugar, stirring constantly until sugar melts and turns a golden colour. Be careful not to burn. Add remaining sugar and continue to whisk until everything has melted and turned golden brown.

2. Reduce heat to medium low. On a gentle simmer, add cream slowly, whisking until everything has combined. Add salt and continue to cook, stirring occasionally, until any hard sugar bits have dissolved. Immediately remove from heat and cool completely before using. Sauce can be refrigerated in an airtight container for up to two weeks.

Ingredients (for salted caramel buttercream):
- 4 large white eggs
- 1 cup (250 mL) granulated sugar
- 2 cups (500 mL) room temperature unsalted butter, cut into 1-inch cubes

Directions:
1. Use a double boiler or fill a medium-sized saucepan with one inch of water. Bring to a gentle simmer. Place a large heatproof bowl over saucepan.

2. Whisk together egg whites and sugar until it reaches 140F (70C) on a candy thermometer.

3. Immediately transfer to a bowl on a stand mixer with a whisk attachment. Whip on medium-high speed until mixture has cooled to room temperature, has doubled in volume and holds medium-stiff peaks, 8 to 10 minutes.

4. Reduce speed to slow and add 2 cubes of butter to mixer. Increase speed to medium-high to incorporate. Repeat with remaining cubes of butter. Reduce speed and add vanilla and caramel sauce. Whisk on high again until light and fluffy, 1 to 2 minutes.

To assemble:
1. Cut off pointed tip of pastry bag and fit with a coupler and desired pastry tip (a large round or star tip works well). Using a rubber spatula, fill bag halfway with buttercream. Push buttercream down toward tip to get rid of air bubbles. Twist top of bag to close.

2. Hold twisted end of bag with your dominant hand. Use other hand to guide piping bag as you decorate.

3. Hold piping bag at a perpendicular angle, hovering just above cupcake. Begin piping by applying gentle pressure with your dominant hand, squeezing out buttercream in a steady stream, at centre of cupcake and work outwards, then swirl up and work inwards to create a beehive shape. Garnish with salted caramel drizzle and toffee bits.
TORSTAR NEWS SERVICE

FOOD FOR THOUGHT

Ronald McDonald makes scarce after clown sightings

McDonald's says Ronald McDonald is keeping a low profile with reports of creepy clown sightings on the rise.

McDonald's Corp. said Tuesday that it is being "thoughtful in respect to Ronald McDonald's participation in community events" as a result of the "current climate around clown sightings in communities." The company did not provide any other details about how often its red-haired mascot makes appearances, and how that will change. The burger chain's decision comes after a rash of pranks around the country that have involved eerie clown sightings. The reports have forced police in some areas to respond.
THE ASSOCIATED PRESS

LIQUID ASSETS

Artisan distillers give gin new life

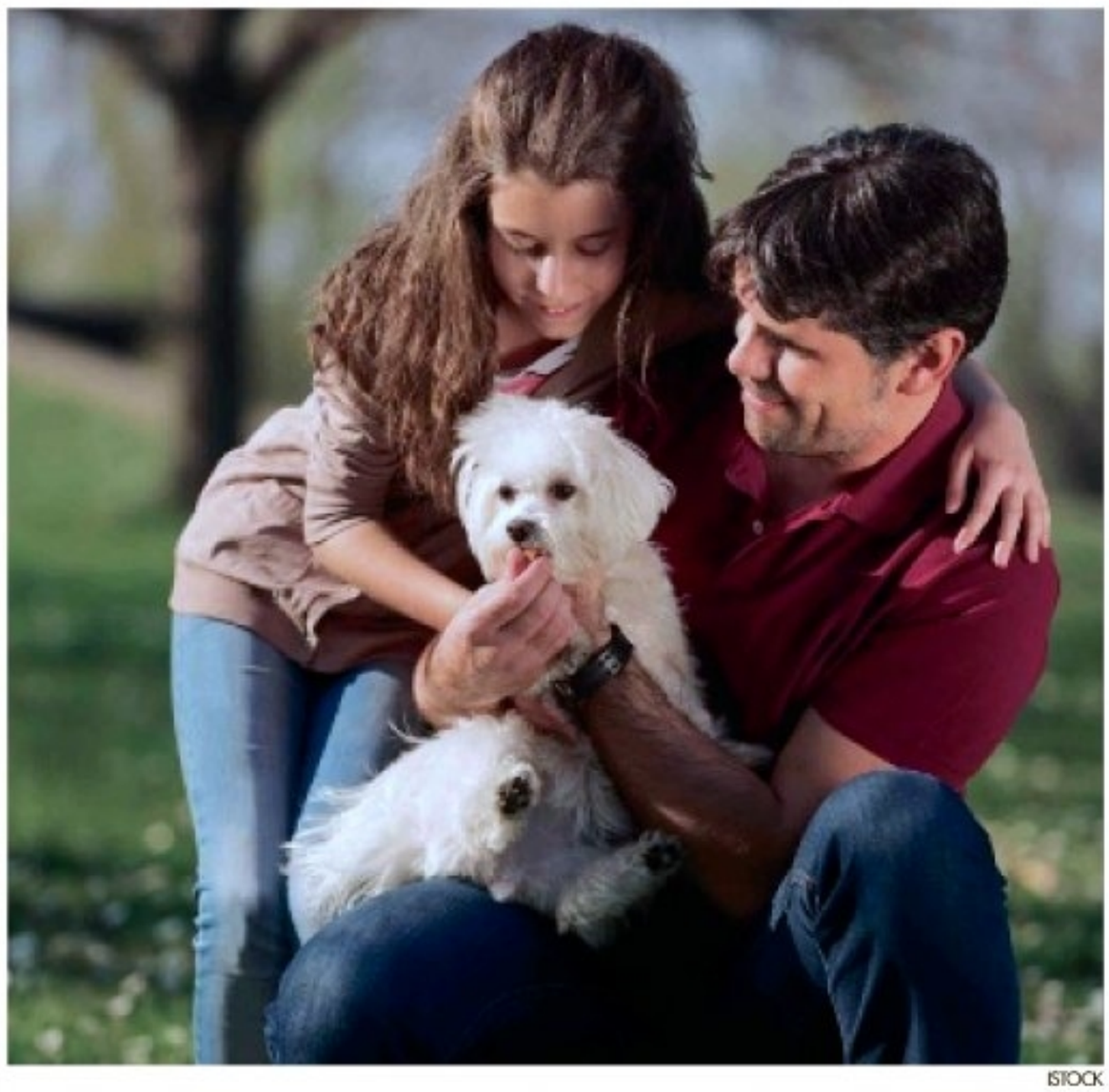
Peter Rockwell
For Metro Canada

Thanks to the 'drink local' movement, gin is having a bit of a moment. Long the tipple of "mature" imbibers, the juniper berry-based spirit has seen its profile elevated thanks to the ever growing ranks of Canadian artisan distillers who consider it as the perfect platform for their unique regional botanicals.

From British Columbia, Central City's Queensborough Small Batch Dry Gin ($39.99) harvests its juniper from the province's interior and distinctive, flavour-enhancing spruce tips from Vancouver Island. In Ontario, Dillon's Unfiltered Gin 22 ($39.85) pours cloudy on purpose because none of its 22 individual flavour components get lost in filtration.

About 20 minutes outside of Antigonish, Nova Scotia, Steinhart Gin (500ml, $35.00) is made in the blink-and-you-miss-it village of Arisaig. Housed in an apothecary-esque cobalt blue bottle, it's made from locally sourced ingredients and influenced by the Steinhart family's 300-year-old history of distilling that dates back to their origins in Germany.

Pass the tonic!



ISTOCK

SOME HELPFUL TIPS FOR PERSONALIZED PET CARE

When pet owners need medication for their pets, they head to Ottawa's NutriChem Compounding Pharmacy and Clinic. NutriChem has been helping people and their pets achieve optimal health for over 35 years.

"After you get a prescription from your veterinarian, bring it to us and we'll fill it," says Tiffany Lemieux, one of NutriChem's pharmacists. "It's really the same process as filling a prescription for a person."

NutriChem compounds many pet medications in any strength appropriate for the animal. This includes liquids, creams and gels, ear drops, eye drops, injectables and medicated treats. NutriChem proudly uses only pharmaceutical grade ingredients without unnecessary fillers, dyes or preservatives.

One of the best parts about what they do is flavouring medication to suit the animal's tastes.

"Everyone knows that children are more likely to take their medicine when it tastes good, and the same is true for animals," says Kent MacLeod, Clinical Pharmacist and owner of NutriChem. Flavour adjustments for pets include delicious chicken, beef, or liver for dogs; fish for cats; fruit flavours for birds; and even flavours for farm and zoo animals. NutriChem also compounds medications in commercially unavailable doses.

"If a product has worked previously for your animal but it's been discontinued, we can typically obtain the medication through our sources and compound it especially for you," says MacLeod.

In addition to veterinary compounding, NutriChem's store carries natural pet supplements and pet homeopathy products to safely help animals with a wide variety of issues.

For more information, visit NutriChem's Richmond Road location or nutrichem.com.

Top 5 Pet Products

1. *Alpha Omega GlucosaPet: Promotes healthy cartilage and joint function.*
2. *Alpha Omega OptiPet Multi: A liquid multivitamin for dogs, cats and small mammals.*
3. *Anima Care Gastro: Promotes regular bowel movements and proper function of the digestive system for dogs and cats.*
4. *Anima Care Skin & Coat: Helps maintain skin and coat integrity for dogs and cats.*
5. *Bach Rescue Remedy for Animals: Supports emotional balance and healthy behaviour in pets.*

Medicine Made Their Way

Whether you're a pet owner or a professional who works with furry (or feathered!) friends, you want your animals to receive the highest quality of veterinary care.

"Any sick dog, cat, rodent, bird or horse will love taking their medication if it comes from NutriChem! Simply bring us the prescription from your veterinarian, and we'll compound something incredible!" - Tiffany Lemieux, NutriChem Pharmacist

NutriChem's veterinary compounding includes medicated treats, topical gels, and flavoured suspensions in any strength appropriate for the animal. NutriChem is proud to use only pharmaceutical grade ingredients without unnecessary fillers, dyes or preservatives.

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Your essential daily news

Lexus UX Concept previews flashy compact crossover in Paris

Standard meets entry-level luxury

REVIEW

Despite detractors, Envision proves itself

Michael Accardi
AutoGuide.com

When Buick announced its intention to bring over the Envision built in China, you couldn't go 10 minutes on the Internet without stumbling into some kind of furious consternation.

After only a few short months on the market, Americans have proven that the Envision more than speaks to consumer needs. The Envision isn't just Buick's quickest turning model, but also the quickest turning among its chief rivals — its 25-day turnover rate is half of its next closest competitor.

Stacking the deck even more in Envision's favour — to date — it has only been available in two top level trims, Premier I and II. With MSRPs well into the forties, the up-market focused 2016 Envision was offered with a generous smattering of standard equipment, Bose stereo, heated leather front and rear seats, heated steering wheel, advanced safety features and AWD.

Since Buick decided to turn itself around nearly a decade ago, the brand has lived at the alter of safety, whisper-quiet interiors and elegant, tasteful design.

On the road, the Hi-Per front end keeps everything compliant during heavy acceleration, helping mitigate torque steer and increasing steering feel, while overall providing a soft and plush ride without being soft and wallowy.

The real star of the show is the new mechanical Twin-Clutch AWD system, similar to the one featured in the Cadillac XT5. Buick claims its version was tuned for comfort instead of outright performance. Where the twin-clutch Envision differentiates itself from competitors is its use of mechanical clutches in the rear differential to maximize traction instead of simply using stability control and individual wheel braking to manage slip.

When the Audi Q5 or Acura RDX detect slip, they use a mix of braking and stability control to reduce the torque being transferred to the ground, stopping the slip. The Envision, however, doesn't compromise torque for traction; its mechanical delivery allows it to direct 100 per cent of available torque to any given wheel.

For 2017 Buick equips all Envisions with ten standard airbags sprinkled throughout the cabin, along with Surround Vision and automatic front braking and rear parking aids. Up-level trims can option a vibrating safety seat, forward crash avoidance, lane keep, lane departure, lane change alert, blind zone alert, and cross traffic alert.

Scoff if you want at the idea of a Chinese-built Buick, but it's a properly executed product that nestles itself in where the top of mainstream meets entry level luxury, making it an attractive proposition.

THE CHECKLIST | 2017 BUICK ENVISION

THE BASICS

Engine: 2.0-litre Turbo-charged Inline-4
Power: 252 horsepower, 36 kilogram metres of torque
Transmission: Six-speed automatic
Cargo Capacity (L): 761 (trunk); 1,622 (seats folded)
Fuel Economy (L/100 km): 11.8 city, 9.2 highway, 10.6 combined (premium required)
Price: Starts at $39,995

LOVE IT

- Torque vectoring twin-clutch AWD system
- Torquey 2.0T engine
- Comfortable, clever interior

LEAVE IT

- Steering lightness
- Six-speed automatic, when nine-speed is available
- Derivative styling

SPECIAL EDITION

Nissan Texas Titan makes debut at the State Fair

Stephen Elmer
AutoGuide.com

Nissan is joining in the feeding frenzy that is Texas pick-up truck sales by adding the new Texas Titan to the lineup.

The custom appearance package includes a special chrome grille, 20-inch aluminum alloy wheels, metallic-finish kick plates, Titan Texas floor mats, a chrome exhaust and finally Texas Titan badging all around.

Every manufacturer offers a special-edition model just for Texas to try and capitalize on the Lone Star State's love for trucks, and Nissan is no different.

The Texas Titan package will be available on both the half-ton Titan and Titan XD.

OPTIONS

Four-wheel drive is available with the package.

On the smaller truck it can be had on two trim levels while the XD offers the package on four trim levels.

The custom package for the Nissan Texas Titan includes a special chrome grille, 20-inch aluminum alloy wheels and metallic-finish kick plate. HANDOUT

A more aggressive Honda Civic

IN BRIEF

2017 Ford Raptor's EcoBoost V6 cranked up to 450 HP

It'll be easy to an easy point to miss so we'll put it right up front: The 2017 Ford F-150 Raptor will be more fuel efficient than the previous generation — and 23 per cent more efficient at that! We're sort of kidding about putting that up front because the real headline most care about is the performance numbers of the new Raptor's twin-turbo high-output EcoBoost V6, which need to be impressive since the new engine is replacing the outgoing 6.2-litre V8. Fortunately they are, with a claimed 450 horsepower rating of the new Raptor. JOSH BURNS/AUTOGUIDE.COM

TYPE R

Honda teases new Civic prototype

The new Civic Type R is getting closer to launching in North America and Honda is teasing us once again with a new prototype. This fresh prototype debuted alongside the new Honda Civic Hatchback at the 2016 Paris Motor Show. This is likely very close to the version that will come to the United States next year as a 2018 model year vehicle. As can be expected, a body kit makes the new Civic Type R look plenty aggressive with larger fenders and air intakes. A large rear wing, a carbon-fibre diffuser, and three-port central exhaust setup can be found out back. Honda didn't offer any specifics on the powertrain, though it's already known that the car will use a turbocharged 2.0-litre four-cylinder engine. In the current Type R, this motor makes 306 horsepower, a number that's expected to improve.

STEPHEN ELMER/AUTOGUIDE.COM

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metro SPORTS

The Blackhawks are the odd-on favourites, according to Westgate Las Vegas SuperBook, to win the Stanley Cup at 6-1

Speeding up the Sens

NHL

New coach looks for team to succeed by pushing pace

With a new general manager and a new head coach, the Ottawa Senators are determined to leave old habits behind as they make a push for the post-season in 2015-16.

The Senators made big changes in the off-season after failing to make the playoffs. New GM Pierre Dorion replaces Bryan Murray, who stepped aside as he continues to fight Stage 4 colon cancer. Murray remains involved as a senior adviser.

Among Dorion's biggest moves was the hiring of head coach Guy Boucher to replace Dave Cameron and the acquisition of Derrick Brassard from the New York Rangers for Mika Zibanejad. Not to be overlooked was the signing of veteran free agent Chris Kelly.

The 45-year-old Boucher was brought in for his intensity and propensity for success on special teams.

Last season Ottawa was 26th on the power play and 29th in penalty killing. They allowed the first goal in 51 games, were outshot in 60 and gave up the second most shots per game (31.8).

For Boucher the message is clear. It's all about pace and quick transition.

"We want to use our speed with a lot of support, we're not going to be much of a spread team," he said. "I like support everywhere on the ice: D-zone, neutral zone and offensive zone. So we want speed, quick transition, a pack mentality defence, five-feet support everywhere.

"We want to be a team that attacks inside the dots in the offensive zone that doesn't play on the perimeter. We want to force ourselves in. That's what we're going to try to be and we will be, but it's just that in the beginning we'll need a bit of time to get it where I want it to be."

For the Senators to have any success down the stretch they will need Bobby Ryan to be a consistent goal-scorer. GETTY IMAGES FILE

The acquisition of Brassard brings additional experience and leadership, and the Senators hope he will be the winger to spark Bobby Ryan's offensive prowess.

Ideally Ryan would like to get back to being a 30-goal scorer, something he hasn't accomplished since his last full season in Anaheim in 2011-12.

In Ottawa, Ryan has had seasons of 23, 18 and 22 goals, but more concerning is the fact that the last two seasons he's scored just one goal through his last 20 games. For the Senators to have any success down the stretch they will need the 29-year-old to be much more consistent.

Brassard and Ryan looked good together through camp and seem to be developing chemistry.

"I think he's a natural playmaker," said Ryan of Brassard. "He always looks to his forehand and I've been fortunate enough to be there for him a few times on that forehand side. Having played against him for so long I know a little bit about his game and I'm trying to get into areas that I can get open and right now they're working."

The biggest question will be who will play left wing with the duo. With Clarke MacArthur sidelined indefinitely with a concussion, Boucher is left to fill a huge void. Zack Smith is expected to line up on Brassard's left side when the Senators open the season Wednesday against the Toronto Maple Leafs.

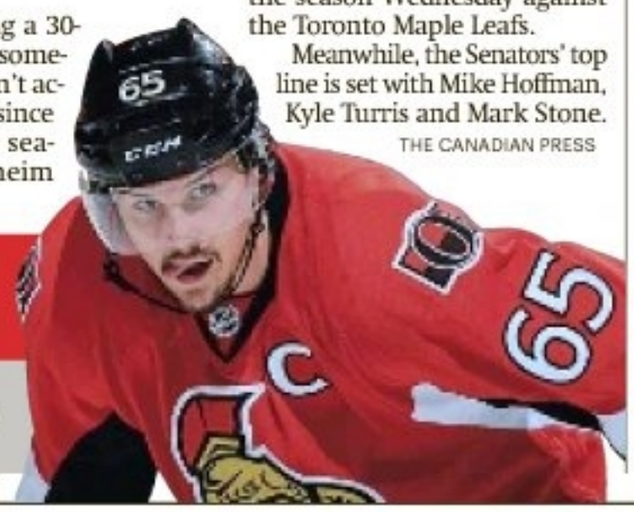
Meanwhile, the Senators' top line is set with Mike Hoffman, Kyle Turris and Mark Stone.

THE CANADIAN PRESS

82

Defenceman **Erik Karlsson** led the Sens in points last season with 82, which put him in a tie for fourth most in the league.

GETTY IMAGES



CFL

Redblacks turn back to Burris

With the Ottawa Redblacks struggling to find ways to win, the team is hoping its oldest player can make a difference.

The Redblacks will turn to veteran quarterback Henry Burris Friday night as they take on the Hamilton Tiger-Cats (6-8-0) in the first of a home-and-home series.

After a disappointing 32-30 loss to the Saskatchewan Roughriders last week, the Redblacks are giving the ball back to Burris in hopes he can ignite a team that continues to search for its identity.

> **It's the calm in his voice and his confidence it makes you feel it too.**
> Running back Mossis Madu

The Redblacks dropped to 6-7-1 with the loss and are below .500 for the first time since their inaugural season in 2014.

Burris, who hadn't played since Aug. 19, replaced Trevor Harris in the fourth quarter and managed to rally his team back from a 15-point deficit. The Redblacks lost in overtime, but there was a change in dynamic once Burris took the field.

In 11 games Harris has thrown for 3,303 yards, and his 73.6 per cent completion rate ranks him first in the league among QBs who have played 10 or more games.

THE CANADIAN PRESS

MLB PLAYOFFS

Estrada gets nod for Jays in ALCS opener

Toronto right-hander Marco Estrada set the early tone for the American League Division Series in his start last week in Texas.

The Blue Jays are hoping for a repeat performance in the AL Championship Series on Friday in Cleveland.

Manager John Gibbons confirmed Tuesday that Estrada will be the Game 1 starter at Progressive Field.

"I think he was the logical choice," Gibbons said. "We could have gone with anybody and felt good. But he's been so good in that role and then we'll just shape it after him in these next couple days." THE CANADIAN PRESS

Marco Estrada GETTY IMAGES

MLB IN BRIEF

'Indians' not part of broadcaster's vocabulary

Blue Jays broadcaster Jerry Howarth won't be using the word "Indians" when he calls the American League Championship Series between Toronto and Cleveland, and he says he hasn't uttered the team nickname on the air for nearly 25 years. Howarth told The Fan 590 on Tuesday that he stopped using team names like Indians and Braves after receiving a letter from an indigenous fan in 1992. THE CANADIAN PRESS

Farrell's job in Boston is safe for another season

John Farrell will be back as the Boston Red Sox manager in 2017.

President of baseball operations Dave Dombrowski made the announcement on Tuesday, a day after the club was swept out of their American League Division Series by the Cleveland Indians.

Dombrowski said the season was a success after the ballclub went from worst to first to win the AL East.

THE ASSOCIATED PRESS

COURT

Judge won't rule out mistrial for Rose

A judge in the trial of a rape lawsuit against NBA star Derrick Rose and two other men said Tuesday that he's considering a mistrial after criticizing the plaintiff's lawyers as "unbelievably careless" in production of exhibits.

Rose's lawyers asked U.S. District Court Judge Michael W. Fitzgerald to declare a mistrial because they had not been given three text messages important to their case until Friday, when Rose was on the witness stand.

$21.5M

The amount the accuser is seeking in the civil lawsuit.

The lawyers for the woman who accused the New York Knicks player and two friends of raping her in her apartment in 2013 said the texts were previously disclosed and the argument was frivolous.

THE ASSOCIATED PRESS

RECIPE Roasted Chicken with Grapes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combination is dinner-party worthy but simple enough for weeknight meal.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

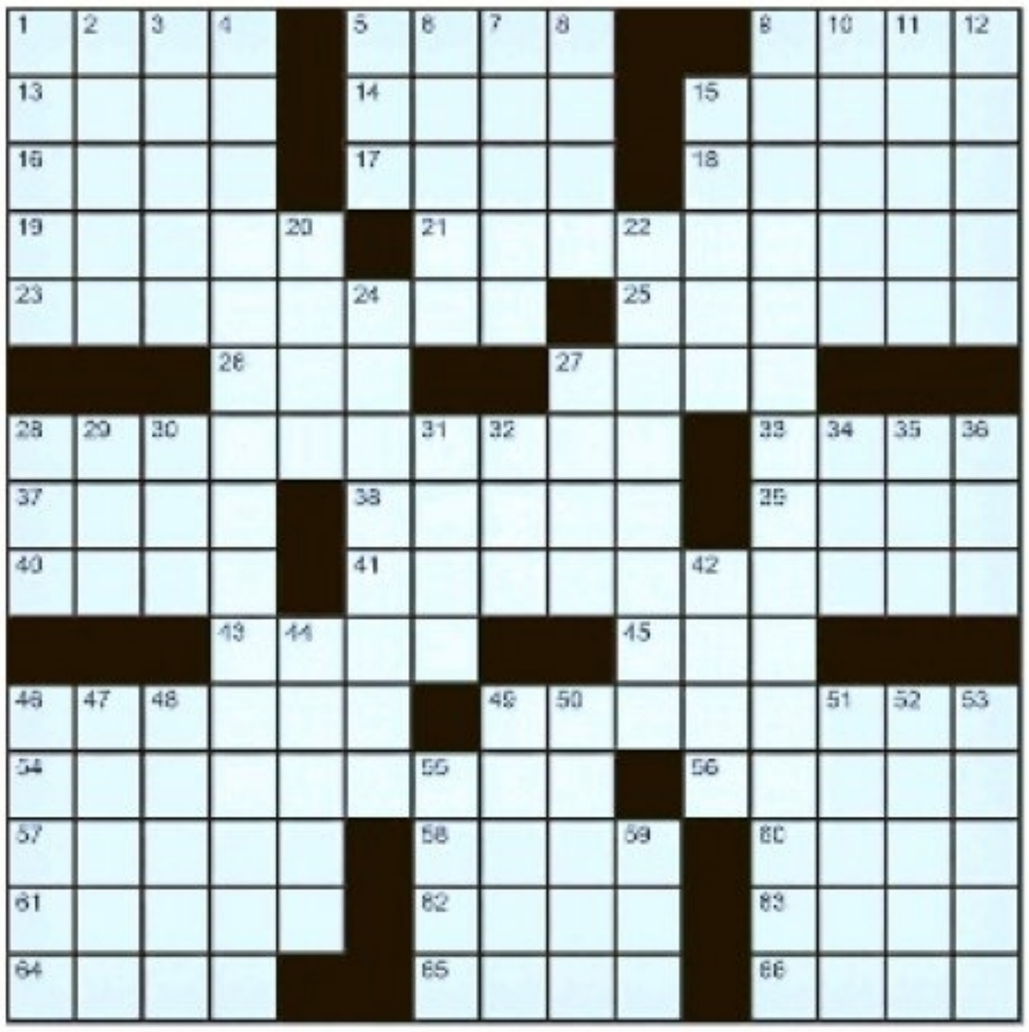
Ingredients
- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions
1. Preheat oven to 400 degrees.
2. In a large, oven-safe skillet, warm olive oil over medium high heat. Brown, but don't worry about cooking through, chicken thighs, 3 minutes each side. Remove from skillet and place on a clean plate.
3. Reduce heat under skillet to medium and toss in shallots and garlic. Cook 3 minutes until they soften. Add grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.
4. Nestle chicken pieces into the sauce and place the skillet in the oven. Bake 20 minutes.
5. Serve over couscous, mashed potatoes or polenta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Coral _
5. Pretends
9. Strawberry and Raspberry, in jars
13. North-Eastern Canada: People whose homeland is called Nitassinan
14. _ muffins
15. Parking attendant
16. Animal den
17. Pacific Northwest salmon
18. School, in Hull
19. Les _-Unis (United States, in Sherbrooke)
21. Nickname
23. Reduction
25. Dodges
26. Swiss peak
27. Headquarters
28. 1991 Tragically Hip album on which the tune at #9-Down is a track: 2 wds.
33. Flat-bottomed vessel
37. Competent
38. Uprising uproars
39. McIntosh's middle
40. Kilometre's cousin in The States
41. Is emulating a fugitive, is what?: 3 wds.
43. Give in
45. Old French coin
46. More, at any concert
49. Stood firm
54. Mothers of some cubs
56. Look and look
57. Plane: French
58. _-daisy
60. Mr. Clapton
61. Ms. Hopkins of '80s sitcom "Gimme a Break!"
62. Scottish slope
63. _ _ extra cost
64. Simple
65. Some beans
66. Cdn. hockey competition in 1972

DOWN
1. Miffed
2. Related maternally
3. 1946: 'Giant Brain' computer
4. The Bane of Beavers/The Beginnings of Business... Canada's commerce commencer: 3 wds.
5. "When Smokey Sings" band
6. _-examination
7. Lake _ (American resort)
8. High-hatter
9. Underwater explorer in The Tragically Hip song "Twist My Arm": 2 wds.
10. Not silently
11. Type of disturbance
12. Leaves in, in proofreading
15. Bridal accessories
20. Ms. Ward
22. Consider things with fresh eyes
24. Sanctions
27. Title lady of a KISS ballad
28. Bash
29. Geisha's outfit accessory
30. Everything
31. Hanker
32. Movie studio area
34. Dove's patter
35. Surgery sites, shortly
36. Tiny
42. Miss Lane of comics
44. Field
46. Uplift
47. Skin care company
48. Springs
49. Artwork like the original, informally
50. Magazine piece
51. Fruit-filled pastries
52. Brockovich and Moran
53. Home designer's interest
55. Stand-ins
59. Approving answer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel so tenderhearted that you are willing to put the interests of others before your own. In fact, you will find it rewarding to be able to help someone who is less fortunate.

Taurus April 21 - May 21
You might idealize a friend today. In one way, this promotes a warm friendship. Nevertheless, it's always wise to be realistic.

Gemini May 22 - June 21
Someone in a position of authority (boss, parents or VIPs) will be aware of your efforts to help someone who is in need of assistance. This might inspire others to do likewise.

Cancer June 22 - July 23
Because your appreciation of beauty is heightened today, give yourself a chance to enjoy beautiful things and places. Visit art galleries, museums, architectural buildings and landscaped parks.

Leo July 24 - Aug. 23
If you are sharing something with someone today, don't give away the farm. There is such a thing as "idiot compassion." Remember: You count, too.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends will be warm and friendly today. If you can do something to help someone, it will be gratifying for both of you.

Libra Sept. 24 - Oct. 23
A co-worker might confide in you today or need some counselling. Or perhaps he or she just needs a sympathetic ear. Whatever the case, you are willing.

Scorpio Oct. 24 - Nov. 22
You feel tender toward the needs of children today. If you can help a young person, you will. Meanwhile, romance is starry-eyed and dreamy!.

Sagittarius Nov. 23 - Dec. 21
You feel genuine concern and compassion for a family member today. This is why you want to show your support for them in any way that you can. This will be a win/win situation.

Capricorn Dec. 22 - Jan. 20
Don't worry if you spend a lot of time daydreaming or being lost in thoughts about fantasies. After all, everyone needs a day like this now and then.

Aquarius Jan. 21 - Feb. 19
Be careful with financial matters today because you are inclined to overlook details. Don't be a sucker for a sob story. Make sure you know what you're doing.

Pisces
Feb. 20 - March 20
Today the Moon is lined up with your ruler, Neptune. This enhances your psychic feelings. It also makes you very sympathetic to others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		8				3	
6		9		2		4		7
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